

## I Claim

1. A golf exerciser using a handle that is moved in a simulated golf swing from a back swing region to a hitting region with an elastically deformable tension system connected to the handle to  
 5 resist handle movement for exercise purposes, the exerciser comprising:

a. the tension system including a first length of a tension element having an end connected to the handle;

10 b. the first length of tension element extending from the handle to an upper tension region arranged above the exerciser's shoulder on a back swing side of the exerciser;

c. the first length of tension element being arranged to cause elastic resistance to downward movement of the handle below the upper tension region;

15 d. the tension system including a second length of a tension element having a second connection to the handle and extending between the upper tension region and a lower tension region arranged below the hips of the exerciser on the back swing side of the exerciser;

20 e. the second connection to the handle of the second length of tension element being arranged to cause elastic resistance to movement of the handle laterally away from a line between the upper and lower tension regions and toward the hitting region;

25 f. the second length of tension element being arranged to cause negligible resistance to movement of the handle downward below the upper tension region; and

g. a combined resistance caused by the first and second lengths of tension elements of the tension system being greatest when the handle moves into the hitting region.

2. The exerciser of claim 1 wherein at least one of the lengths of tension elements is stretchable elastic cord.

3. The exerciser of claim 2 wherein the stretchable elastic cord is reeved over a pulley.

5 4. The exerciser of claim 1 wherein the first length of tension element extends to the handle from the second length of tension element.

5. The exerciser of claim 1 wherein the second connection of the second length of tension element to the handle occurs via a low  
10 friction element secured to the handle.

6. The exerciser of claim 1 wherein the resistance provided by the tension system angles somewhat above horizontal as the handle moves into the hitting region.

7. The exerciser of claim 1 wherein the first and second  
15 tension elements are cords reeved over respective fixed pulleys at the upper and lower tension regions and over movable pulleys movement of which is resisted by stretchable elastic cords.

8. A golf swing exerciser providing a swing resistance connected to an exercising handle that is moved from a back swing  
20 region through a curve to a hitting region, the golf swing exerciser comprising:

a. the swing resistance being elastically stretchable and being connected to the handle by first and second cord lengths;

b. the first cord length extending from the handle to an upper  
25 tension region arranged above the shoulder of a person exercising and on a back swing side of the person exercising;

c. the second cord length extending from the handle to the upper tension region and from the handle to a lower tension region arranged below the hips of the person exercising and on a  
30 back swing side of the person exercising;

d. the swing resistance being arranged to act via the first cord length to provide a predominant resistance to movement of the handle downward below the upper tension region;

5 e. the swing resistance being arranged to act via the second cord length to provide a predominant resistance to movement of the handle away from the upper and lower tension regions toward the hitting region; and

f. the combined resistance of the two cord lengths being greatest as the handle reaches the hitting region.

10 9. The swing exerciser of claim 8 wherein at least one of the cord lengths is elastically stretchable.

10. The swing exerciser of claim 8 wherein the swing resistance acting via the two cord lengths is angled somewhat above horizontal when the handle is in the hitting region.

15 11. The swing exerciser of claim 8 where in the second cord length is formed of elastically stretchable material arranged as a loop between the upper and lower tension regions.

20 12. The swing exerciser of claim 11 wherein ends of the loop are connected to the handle and low friction elements support the loop at the upper and lower tension regions.

13. The swing exerciser of claim 11 wherein the loop is reeved over a moveable pulley movement of which is resisted by an elastically stretchable cord.

25 14. The swing exerciser of claim 8 wherein the first and second cord lengths are reeved over respective fixed pulleys at the upper and lower tension regions and over movable pulleys movement of which is resisted by elastically stretchable cords.

15. The swing exerciser of claim 14 wherein the elastically stretchable elastic cords are reeved over fixed pulleys.

30 16. The swing exerciser of claim 8 wherein the connection of the second cord length to the handle is via a pulley.

17. A method of providing resistance to an exercising handle moved from a back swing region through a curve to a hitting region to simulate a golf swing, the method comprising:

a. connecting a first resistance to a shaft end of the exercising handle, and arranging the first resistance to stretch a first elastic cord so as to provide exercisingly significant resistance to downward movement of the handle from the back swing region, and exercisingly insignificant resistance to movement of the handle laterally into the hitting region;

b. connecting a second resistance to the shaft end of the exercising handle, and arranging the second resistance to stretch a second elastic cord so as to provide exercisingly insignificant resistance to downward movement of the handle from the back swing region and exercisingly significant resistance to lateral movement of the handle into the hitting region;

c. selecting resistances for the first and second elastic cords so that the first resistance is comparatively smaller against downward movement of the handle from the back swing region and the second resistance is comparatively larger against lateral movement of the handle into the hitting region; and

d. arranging the combined first and second resistances to be a maximum when the handle moves into the hitting region.

18. The method of claim 17 including arranging the first resistance to extend from the handle to a first resistance region arranged above the shoulders of a person exercising and on a back swing side of the person exercising.

19. The method of claim 17 including arranging the second resistance to extend from the handle to a first resistance region arranged above the shoulders of the person exercising and on a back swing side of the person exercising and from the handle to a lower resistance region arranged below the hips of the person exercising and on a back swing side of the person exercising.

20. The method of claim 19 including forming the second resistance to include a loop extending from the handle.

21. The method of claim 17 including arranging the first and second elastic cords to resist movement of moveable pulleys.

5 22. The method of claim 21 including reeving the first and second elastic cords over fixed pulleys.

23. A golf swing exerciser comprising:

10 a. pulleys arranged at upper and lower tension regions disposed on a back swing side of a person exercising so that at least one upper pulley is above the shoulders of the person exercising and at least one lower pulley is below the hips of the person exercising;

b. a resistance cord having one end connected to an exercising handle and another end secured in a fixed location;

15 c. the resistance cord being reeved over an upper pulley to resist downward movement of the handle from a back swing region;

20 d. the resistance cord being reeved over a pulley on the exercising handle to extend between an upper pulley and a lower pulley to resist movement of the handle away from the upper and lower tension regions and into a hitting region; and

e. the resistance cord being reeved over at least one moveable pulley movement of which is resisted by an elastically deformable element.

25 24. The exerciser of claim 23 wherein the cord is reeved over a plurality of moveable pulleys, movement of each of which is resisted by a corresponding plurality of elastically deformable cords.

25. The exerciser of claim 24 wherein the elastically deformable cords are reeved over fixed pulleys.

30 26. A golf swing exerciser comprising:

a. pulleys arranged at upper and lower tension regions disposed on a back swing side of a person exercising so that at least one upper pulley is above the shoulders of the person exercising and at least one lower pulley is below the hips of the person exercising;

b. a first resistance cord having one end connected to an exercising handle and another end secured in a fixed location;

c. the first resistance cord being reeved over an upper pulley to resist downward movement of the handle from a back swing region;

d. a second resistance cord having both ends connected to the handle and being reeved over an upper pulley and a lower pulley to resist movement of the handle away from the upper and lower tension regions and into a hitting region; and

e. each of the resistance cords being reeved over at least one moveable pulley movement of which is resisted by an elastically deformable cord.

27. The exerciser of claim 26 wherein elastically deformable cord is reeved over a fixed pulley.